



## CREAM OF MUSHROOM, READY-TO-SERVE, CARTON

Date: November 2009

Code: B912, B913, & B917

### PRODUCT DESCRIPTION

- Cream of mushroom soup is a ready-to-eat, cream-based soup. The soup will be available as either a regular or low-sodium (140 milligrams of sodium or less per serving).

### PACK/YIELD

- Cream of mushroom soup is packed in 32 ounce cartons. Each carton provides about 4 servings (1 cup each).

### STORAGE

- Store unopened cream of mushroom soup in a cool, clean, dry place.
- Store remaining opened cream of mushroom soup in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the carton.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Ready-to-serve soups are fully cooked and do not need to be mixed with water or milk.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Serve cream of mushroom soup heated as a main dish or as an appetizer.
- Top cream of mushroom soup with cheese or crackers for added flavor.
- Use cream of mushroom soup as a base for other main dish meals, stews, sauces, or casseroles.
- Mix cooked vegetables (canned, frozen, or fresh) into cream of mushroom soup for a heartier meal.

### NUTRITION INFORMATION

- 1 cup of cream of mushroom soup counts as ½ cup from the Vegetable Group of MyPyramid. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

### FOOD SAFETY INFORMATION

- If the carton is leaking or the ends are bulging, **throw it away**.
- If the food has a bad odor or liquid spurts out when the carton is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 1 cup (245g) Cream of mushroom soup

#### Amount Per Serving

<b>Calories</b>	140	<b>Calories from Fat</b>	80
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#### % Daily Value\*

<b>Total Fat</b> 9g	<b>14%</b>
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Saturated Fat 2.5g	<b>13%</b>
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Trans Fat 0g	
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<b>Cholesterol</b> 5mg	<b>2%</b>
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<b>Sodium</b> 815mg	<b>34%</b>
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<b>Total Carbohydrate</b> 12g	<b>4%</b>
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Dietary Fiber 0g	<b>0%</b>
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Sugars 4g	
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<b>Protein</b> 3g	
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Vitamin A 3%	Vitamin C 1%
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Calcium 9%	Iron 4%
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\*Percent Daily Values are based on a 2,000 calorie diet.